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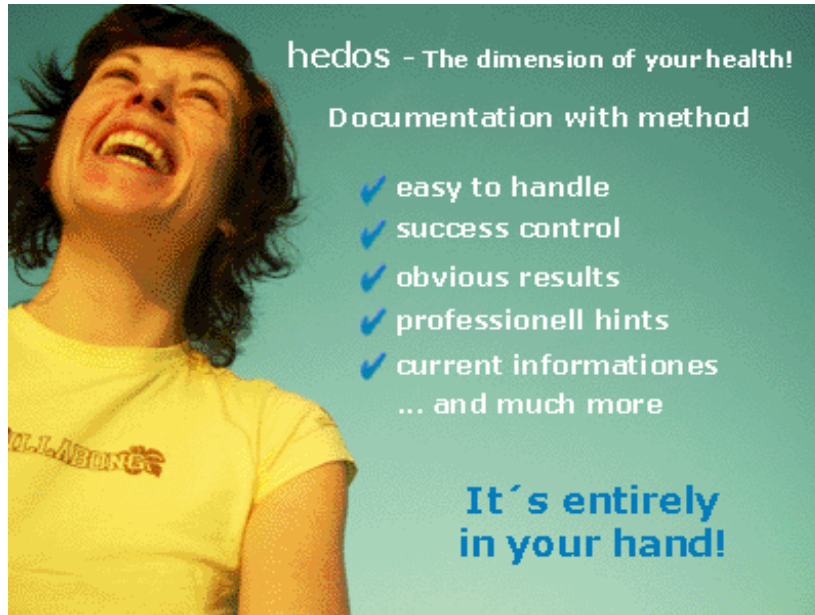
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welcome to hedos (health documentation system)



Do you live a healthy life? Do you notice if your training is successful? Is your diet well balanced? Where have you stored the results of the latest medical check? Is the relation between work and leisure your key to satisfaction?

Brilliant! From now on **hedos will be part of your life**. With the help of this Internet platform you memorize, evaluate and plan your health and training.

hedos is the online portal that improves the quality of your life.

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